

## Principal's Message

Happy New Year! 2016 is going to be another great year.

Christmas Craft Fair Wrap-up: The Christmas Craft Sale at PMPS was another smashing success. With more than 40 vendors selling a variety of crafts, there was a lot of selection for Christmas shoppers looking for a special gift. Thanks to Nicole Chafe for organizing all the vendors this year.

Thanks to Billie-Jo Reid and her team for setting up the silent auction this year. The team put together a wonderful selection of gift cards, donated items from the community and the vendors, as well as donated items from each classroom. The baskets looked beautiful and the auction ran smoothly. Thanks to all families and community businesses that contributed to our silent auction.

The intermediate teachers, Mrs. Mikulik and Mrs. Heimbecker (and their family members), along with the PMPS staff and students, put together a wonderful bake sale to raise money for student council and ran the café. Again, we are grateful to our community for donating the baked goods, pop, juice and water to our café. Thanks to Mrs. H for organizing all the student and former student helpers so the whole event ran smoothly.

Thanks to Ryan Grist and Mrs. Heimbecker for organizing the music. There was a lot of different musicians and a great variety of music played that enhanced the atmosphere of the café and spread the joy of the season.

A Big thanks to Cheryl Bogner, our CCF chairperson, for keeping us all organized and focused during our meetings as well as lending a hand wherever needed. Thanks to all our CCF committee for your dedication to our school and council. Everyone working together as a team made this event a success.

The money raised for this event will go to supporting a multi-media room in the library.

We are looking forward to cross country skiing, badminton, basketball, and lots of time to play with friends at school. With the return of the cold weather, it was great to see everyone dressed warmly wearing hats, warm mitts and scarves.

## Developing Character

School is not just about learning about the 3 Rs, it is also about helping our students build their character so they can become positive, productive citizens of our community and neighbourhood. During the next two months, our school will be focusing on positive Character traits that assist our students in becoming leaders by giving them chances to explore and develop their own character.

Our positive character trait for January and February is Compassion. In the next month, we will be talking about what it means to be Compassionate in school. You, as a parent, can help by talking about how you and your family are compassionate. Speak to your children about being compassionate using examples from your own family.

Ask your child how they were compassionate/kind/understanding of others during their school day. It might take a little bit of time to get into the habit of being compassionate in a competitive world, but taking it slowly one step at a time, together we can make the world a kinder more caring place. Together, we can take small steps to make our community even better. Thanks for your support!

## School Council Update

The next School Council meeting will be held on Monday, January 18<sup>th</sup> 2016 at 7pm. Babysitting provided.

Topic include: Budget, fundraising, setting agendas for the next few months.

## Outside Play in the Snow

We have been working on teaching students the proper way to play outside during the winter months. Our policy still remains, "hands off" each other. Also, we have reinforced the "no snowball throwing" with students. If they choose to throw snow there are serious consequences. Each child has the choice how they conduct him/herself out on the yards. Please go over the safe rules of play with your child at home to help us here at school.

The purpose of recess is for our students to socialize and enjoy some activities together while getting some fresh air and having fun.

## Attendance

Please remember to call the school (519) 941-3731 (ext. \*222) if your child is going to be late or absent. We do have a "Safe Arrival Policy." When students are absent and we have not been informed as to the reason, we attempt to contact parents / guardians to determine the reason for the absence. Please make sure your contact information is current.

During the first term, staff noticed a big improvement in the number of students being on time for class in the morning. Thanks to all parents for getting your children to school on time and ready to learn.

## ODSS Parent Information Night

Grade 8 students at Princess Margaret Public School will soon be receiving their Grade 9 course selection sheets in order to choose their courses for secondary school. Orangeville District Secondary School plans to have an orientation and information evening at O.D.S.S. on Thursday, January 14th from 7:00 until 9:00 p.m. Parents are asked to please accompany their Grade 8 child to this presentation.

## Inclement Weather

Princess Margaret Public School is a "walking school." All students at the school are able to walk from their residences, so we are open on a no bus day.

Occasionally, the Upper Grand District School Board is forced to cancel buses due to inclement weather. The cancellation of buses does not have any impact on P.M.P.S. ***Our school remains open and classes continue. All field trips are cancelled on days when bus transportation has been cancelled in our area.***

On very rare occasions inclement weather results in ***schools being closed***. When this happens, announcements are made on local television and radio stations, a "school closure" message is placed on the school's voice messaging system (Ext 750) and signs are placed in the entranceways to the school indicating that the school is closed. Parents may also check the Upper Grand District School Board's website ([ugdsb.on.ca](http://ugdsb.on.ca)) for up to date school closure information.

## Conflict vs Bullying

People may sometimes confuse conflict with bullying, but they are different. Conflict occurs between two or more people who have a disagreement, a difference of opinion or different views. Conflict between students does not always mean it's bullying. Children learn at a young age to understand that others can have a different perspective than their own, but developing the ability to gain perspective takes time and the process continues into early adulthood. In conflict, each person feels comfortable expressing his or her views, and there is no power imbalance. Each person feels able to state his or her view point. How people deal with conflict can make it positive or negative. Conflict becomes negative when an individual behaves aggressively by saying or doing hurtful things. Then the conflict is an aggressive interaction. Conflict only becomes bullying when it is repeated over and over again and there is a power imbalance. Over time, a pattern of behaviour may emerge where the person who behaves aggressively in the conflict may continue or even make it worse. The person who is the recipient of the aggressive conflict may feel less and less able to express his or her point of view and feel more and more powerless. That is when negative conflict may turn into bullying. A school will respond to bullying and conflict differently. For example, in the case of a conflict, a school staff member may try to have the students come together to tell their side of the story and help them resolve the situation together. In the case of bullying, a principal will consider progressive discipline, which may include suspension or expulsion.

For more information visit the Ministry website at:

<http://www.edu.gov.on.ca/eng/multi/english/BullyingEN.pdf>

## Help STOP the spread of germs!

**Cover Your Cough and Sneeze** Teach children to cover their cough and sneezes to stop the spread of different illnesses such as colds and flu. Use a tissue or arm to cover the mouth and nose.

**Notify Your School When Your Child is Ill or Sick** Your school may be reporting absences due to illness to Public Health to help track ill-ness in the community. When reporting your child's absence to the school please let them know if your child is ill.

**Sick? Stay At Home!** When many people are close together such as in schools and classrooms it is easy for illnesses to spread. Children should not be in school with a fever, undiagnosed rashes, vomiting or diarrhea. Children should recover completely before returning to school. When children have nausea and diarrhea they should stay home 48 hours following the end of symptoms.

**JUNIOR & SENIOR KINDERGARTEN INFORMATION SEPTEMBER 2016**

Students must be four years of age on or before December 31, 2016 in order to be eligible to attend Junior Kindergarten in September of 2016. Students must be five years of age on or before December 31st, 2016, to register for Senior Kindergarten. Please complete the form below and return it to the school by Monday, January 18, 2016, to pre-register. Upon receipt of this form, a registration package will be forwarded to you for completion and parents will receive a formal invitation to attend the main registration.

The main registration will take place on Wednesday, February 3rd, 2016, in the school library, from 1:00—2:30 p.m. At this time Ms. English will review the registration forms. Parents are asked to please provide proof of birth date for their child, as well as your child’s immunization records and proof of address.

If you are not able to make these dates, please see information on the next page to register early or online.

If you know of a neighbour or friend who presently does not have children attending Princess Margaret Public School but lives within our school boundary, please give them this information or ask them to contact Ms. English at the school at 519-941-3731 Ext. 0.

***Please complete this form and return it to the school by Monday, January 18, 2016***

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**Princess Margaret Public School  
Junior and Senior Kindergarten Survey For September 2016**

Child’s Name: \_\_\_\_\_  
(First/Middle/Last)

Birthdate: \_\_\_\_\_ Gender: M or F  
YY/MM/DD

Father’s Name: \_\_\_\_\_ Mother’s Name: \_\_\_\_\_  
Street Address: \_\_\_\_\_

Town: Orangeville, Ontario Postal Code: L9W-\_\_\_\_\_  
Phone Number: \_\_\_\_\_ Cell Phone Number: Mom/Dad?\_\_\_\_\_  
Siblings Attending P.M.P.S. \_\_\_\_\_

**Kindergarten French Immersion**

Princess Elizabeth PS is hosting a kindergarten FI info night on Thursday Jan 28, 2016 from 6-7 pm in the PEPS library.

## Upper Grand launches new initiatives to make kindergarten registration easier, more accessible to families

The Upper Grand District School Board is making kindergarten registration easier and more accessible for families in our communities.

While we will continue to hold our traditional kindergarten registration in February, we are also offering evening registration dates to accommodate families who are unable to attend registration during the day. Traditional registration will take place from February 1 to 5, 2016, in all schools in the district. In these sessions, parents and guardians will be able to register their child, ask school staff questions and tour the school.

Hours of registration are during the day and determined by each individual school. For more information about registration at your school, please contact the school directly. Parents can determine the location of their school by visiting [www.findmyschool.ca](http://www.findmyschool.ca).

Evening registration sessions will be held at select schools and parents from any school in the district are welcome to attend.

Parents and guardians who are able to attend the daytime registration sessions in the first week of February are encouraged to register at their home school, as they'll receive a more personalized, in-depth experience. The special evening sessions will only allow for registration and the completion of paperwork.

The dates and locations of evening registration sessions are:

- Jan. 21 at **Parkinson Centennial Public School**

Board and school staff will be on hand to help parents register their children from **4:30 to 6:30 pm**. In addition to providing more flexible registration sessions, the board has also launched a new and improved website for kindergarten registration.

The new site is more streamlined and user-friendly, and provides parents and guardians with the information they need when enrolling their children in school, including how to register, information about Upper Grand's kindergarten program, tips for getting young children ready for school, information on before and/or after school programs and more.

To view the new site, visit [www.ugdsb.on.ca/kindergarten](http://www.ugdsb.on.ca/kindergarten).

For more information:

Heather Loney, Communications and Community Engagement Officer

519-822-4420 ext.725

[heather.loney@ugdsb.on.ca](mailto:heather.loney@ugdsb.on.ca)

# January

2016

## Princess Margaret Public School

Learning to Live \* Living to learn

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CHARACTER TRAIT: COMPASSION</b>					1 Happy New Year!	2
3	4 Welcome Back to School	5	6	7	8 Pizza Day	9
10	11	12	13 Spirit Day, Twin Day	14 Grade 8 to 9 meeting at ODSS, 7 pm.	15 Pizza Day	16
17	18 School Council 7:00 pm	19	20	21 Pizza Day	22 P.A. Day	23
24	25	26	27 Spirit Day, Famous Character	28	29 Grade 6 Trip Fur Traders Pizza Day	30
Compassion Means: understanding the feelings, thoughts and actions of others	Noticing and helping others	Actively listening to feelings and thoughts	Sharing and giving to others	Understanding and considering other points of view	Showing social responsibility and caring	Being willing to forgive others so they have a chance to start again.

# Monthly Environmental Newsletter Inserts



## January's Environmental Theme: WASTE MINIMIZATION

In Canada, we create a lot of garbage. We throw away too much paper, plastic bags, food, old toys, electronics and much, much more! The good news is that at our school we have made a really good start to reducing some of our waste. We recycle paper, cardboard and containers made of metal, glass and plastic. We try to photocopy double-sided and use GOOS bins (bins that hold paper that is Good On One Side and can still be used). We do waste audits to see what we are throwing away and it seems we need to try to reduce our food waste as well as our packaging. Start thinking about bringing uneaten food from lunch back home to eat as a snack after school because we find perfectly good apples and other fruit, or even uneaten sandwiches, in the school garbage cans.

The best way to solve the problem of too much waste is to not create it in the first place. We have been talking about reducing the number of things we buy and buying items that can be reused instead of immediately being thrown away and taking up more landfill space. For example: use cloth towels instead of paper towels, borrow most books from the library instead of buying them new, use cloth bags instead of plastic bags, use litterless lunch containers and a metal water bottle that you can refill, and use reusable gift bags instead of wrapping paper. The list goes on and on - there are so many ways you can help to reduce waste!

We also need to let our government know that we don't want all that extra packaging when we buy things. Other countries have already banned all that unnecessary plastic, cardboard and Styrofoam that toys and cosmetics and games and food come covered with. So make a difference - write a persuasive letter to both the Ontario and Canadian Governments to ask them to be tougher on packaging laws. Our garbage dumps are filling up. They need to hear from you to stop all this waste!

***Slogan of the month: Let's reduce our waste - our planet is worth it!***

### Noisy Toys

Parents may think that noise is a problem they need not worry about until their child reaches the teenage years. Not so. Some toys are so loud that they can cause hearing damage in children. Some toy sirens and squeaky rubber toys can emit sounds of 90 dB, as loud as a lawn mower. Workers would have to wear ear protection for similarly noisy sounds on the job.

The danger with noisy toys is greater than the 90-dB level implies. When held directly to the ear, as children often do, a noisy toy actually exposes the ear to as much as 120 dB of sound, the equivalent of a jet plane taking off. Noise at this level is painful and can result in permanent hearing loss.

Toys that pose a noise danger include cap guns, talking dolls, vehicles with horns and sirens, walkie-talkies, musical instruments, and toys with cranks. Parents who have normal hearing need to inspect toys for noise danger.

Before purchasing a new toy, listen to it. If the toy sounds loud, don't buy it.

Examine toys you already have at home. Remove the batteries or discard the toys if they are too noisy and pose a potential danger to hearing. Some parents place heavy duct tape over the speakers on noisy toys.

[The Sight and Hearing Association](#) publishes a list of the noisiest toys each November for your information.

## Talking About Mental Health January 2016- Apps for Mental Health

Today it seems like there's an app for almost everything! Apps can be useful for helping us to learn and practice new skills. Interactive apps can help children and youth learn about how to identify feelings, how to relax, and even about navigating social situations. Check out some of the apps below and learn together with your child.

Apps are not a substitute for talking with a professional, so be sure to contact your local mental health agency if you or your child needs support.

### *Touch and Learn – Emotions (Free)*

- Encourages children to look at body language and facial expressions to help them identify feelings
- <https://itunes.apple.com/ca/app/touch-and-learn-emotions/id451685022?mt=8>

### *Mind Shift (Free)*

- An app designed to help youth cope with anxiety
- <http://www.anxietybc.com/resources/mindshift-app>

### *Smiling Mind (Free)*

- An app that guides children and youth through simple, calming meditations
- <http://smilingmind.com.au/>

### *Relaxing Sounds of Nature (Free)*

- Listen to the calming sounds of nature
- <https://itunes.apple.com/ca/app/free-relaxing-sounds-nature/id345747251?mt=8>

### *Zen Space (Free)*

- Relax by raking sand and creating a tranquil space
- <https://itunes.apple.com/ca/app/zen-space/id371463710?mt=8>

### *Zen View(Free)*

- Relax by listening to rain and watching water swirl
- <https://itunes.apple.com/ca/app/zenview/id499881701?mt=8>

### *3 Minute Mindfulness (One strategy is free. Full app is \$4.59)*

- Learn simple deep breathing strategies
- <https://itunes.apple.com/ca/app/3-minute-mindfulness-breathing/id982502810?mt=8>

### *I Know How You Feel (“Lite” version is free. Full version is \$11.99)*

- Children learn how to identify feelings in specific situations
- Children learn about appropriate empathic responses
- <https://itunes.apple.com/us/app/i-know-how-you-feel/id960352272?mt=8>

Kailey Thompson, MSW, Specialized Mental Health Interventionist, compiled and tested out the Apps.

*Dr. Lynn Woodford, Psychologist, is the Mental Health and Addiction Lead for Upper Grand District School Board  
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